

Parade

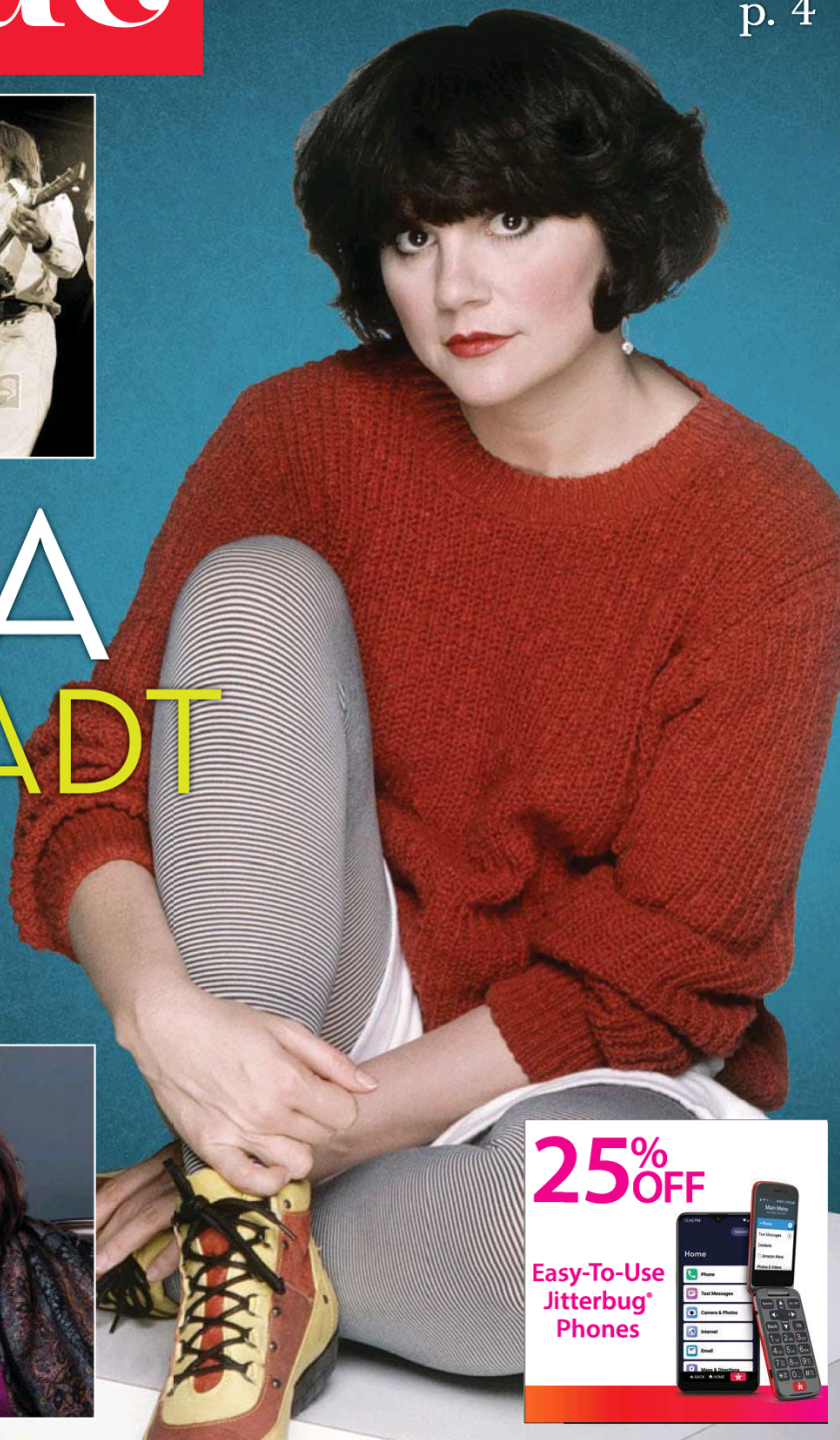
SUNDAY, SEPTEMBER 11, 2022 | PARADE.COM

PLUS
Emmy Predictions!
p. 4



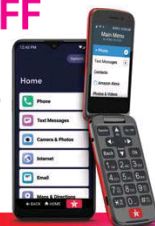
LINDA RONSTADT

The singing superstar on
losing her voice, celebrating
her Mexican heritage and
the stories behind her songs



25% OFF

Easy-To-Use
Jitterbug®
Phones



VISIT...

LANZAROTE
Caliente.COM



FOR PEOPLE WITH HIGH BLOOD PRESSURE

Did you know some ordinary cold & flu medicines can raise your blood pressure?*

DayQuil HIGH BLOOD PRESSURE is specially formulated to provide max strength relief for your worst cold & flu symptoms. Choose DayQuil – the #1 Pharmacist Recommended Daytime Cough, Cold & Flu brand†.

*MEDICINES WITH NASAL DECONGESTANT MAY RAISE BLOOD PRESSURE, BUT DAYQUIL HBP IS DECONGESTANT-FREE.
†2022 PHARMACY TIMES SURVEY OF PHARMACISTS' OTC RECOMMENDATIONS. USE AS DIRECTED. KEEP OUT OF REACH OF CHILDREN.

WALTER SCOTT'S

Parade

Personality

WALTER
SCOTT
ASKS...

TRACE ADKINS



A London Whodunit

Sam Rockwell, 53, and Saoirse Ronan, 28, team up as Inspector Stoppard and Constable Stalker in the comedic murder mystery ***See How They Run*** (in select theaters Sept. 16). Set in 1950s London, it revolves around the murder of a Hollywood moviemaker in the middle of a major production, which brings the two sleuths into a puzzling whodunit aswirl with glamour. "It's a pretty zany plot with some poignant moments," says Rockwell, who describes Stoppard as "a drunk, sexist inspector from Scotland Yard. He's sort of a tragic, dark character in a comic arena."

Like a Rolling Stone

For years, *Rolling Stone*, the brainchild of founder and editor Jann Wenner, 76, has reported on the biggest names in rock 'n' roll, the culture—and the counterculture. Now, with the release of *Like a Rolling Stone: A Memoir* (Sept. 13), Wenner takes readers inside the music, politics and lifestyle of a generation, from the work of Bob Dylan, John Lennon, Mick Jagger, Bono, Bruce Springsteen and other superstars to the Oval Offices of Bill Clinton and Barack Obama. "Like a Rolling Stone is a touchingly honest memoir from a man who recorded and shaped our times," says Springsteen, 72. "It is wonderfully deep and rewarding reading. I loved it."



Tell us about the Roman family. Everybody has secrets, everybody has agendas; it's just typical drama with music mixed in. That's been one of my favorite parts of doing this—all the music. It's been a lot of fun to work with these different people and sing with them.

What about your character, Albie Roman? He's just old-school, set in his ways. He's a little

The multiplatinum-selling country music entertainer, 60, is a natural to portray Albie Roman, the fictional "King of Country Music," in *Monarch* (Sept. 11 on Fox). He stars as the patriarch of a superstar musical dynasty—opposite **Susan Sarandon, 75,** as his fiercely talented, tough-as-nails wife, Dottie—in the multigenerational drama about a family fighting to preserve its legacy.

reluctant about the changes and different directions the music industry's going in. He's an old dinosaur. But at some point, he has to accept a lot of it and deal with it. He does it in his own surly way. I'm pretty much playing myself.

Are the songs in *Monarch* new? We've done a couple of originals, brand-new things. But most of it's just old, covered, classic country songs, interspersing some pop stuff too, current pop stuff that some of the younger characters are singing.

Your recent album, *The Way I Wanna Go*, is also diverse. How did it come about? Well, I wanted to do an album for my 25th anniversary, so I had the grand idea to put 25 brand-new songs on it. We had plenty of time to do it during COVID, so we just kept recording more songs and we finally ended up with 25 that I was proud of. I think my voice is probably as good or better on this album than anything I've ever done.

What's his surprising take on TV's Nashville? Go to [Parade.com/adkins](https://www.parade.com/adkins) to find out.

AN EMMY STAR IS BORN



When the 74th Emmy Awards air (Sept. 12 on NBC), **Quinta Brunson, 32,** will certainly be there. Her show, *Abbott Elementary*—which she created and stars in—will be up for seven awards, almost unheard of for the first season of a network sitcom. Here are some fun facts you may not know about the Philadelphia native.



✪ **Abbott Elementary** was named after Brunson's real-life former middle school teacher, Ms. Abbott.

✪ Quinta means "fifth" in Spanish, indicating that she is the youngest of five children.

✪ Before her success in entertainment, Brunson's least-favorite job was working retail at American Eagle, where she spent most of her time folding jeans.

✪ Brunson first got attention for her Instagram series *Girl Who's Never Been on a Nice Date*, which went viral.

✪ She's the first Black woman to be nominated three times in the same year in the Emmys' comedy category, for writing, series (as executive producer) and lead actress.



EMAIL YOUR QUESTIONS FOR WALTER SCOTT TO PERSONALITY@PARADE.COM

SEPTEMBER 11, 2022 | 3

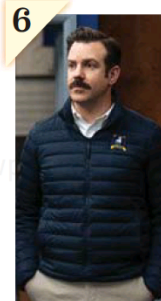
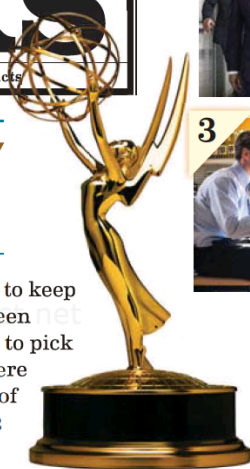
© PARADE Publications 2022. All rights reserved.

Parade Picks

Visit [PARADE.COM/PICKS](https://www.parade.com/picks) for more trending products

AND THE EMMY GOES TO...

If you're like us, you're finding it hard to keep up with all of the excellent small-screen viewing these days. That makes it hard to pick the best shows, but we gave it a shot. Here are our predictions for the hottest races of the 2022 Emmy Awards, airing Sept. 12 on NBC. —Mara Reinstein



1. Outstanding Drama Series

- ▶ *Better Call Saul*
- ▶ *Euphoria*
- ▶ *Ozark*
- ▶ *Severance*
- ▶ *Squid Game*
- ▶ *Stranger Things*
- ▶ *Succession*
- ▶ *Yellowjackets*

The Emmy goes to...

Talk about a power move: The ferocious HBO family saga **Succession** picked up a whopping 25 Emmy nominations for its third season. It will be a major upset if the series doesn't strike it rich in the biggest category.

2. Outstanding Comedy Series

- ▶ *Abbott Elementary*
- ▶ *Barry*
- ▶ *Curb Your Enthusiasm*
- ▶ *Hacks*
- ▶ *The Marvelous Mrs. Maisel*
- ▶ *Only Murders in the Building*
- ▶ *Ted Lasso*
- ▶ *What We Do in the Shadows*

The Emmy goes to...

Though the rookie hit *Abbott Elementary* gets high marks, **Ted Lasso**—the Apple TV+ series in which a big-hearted American football coach leads an English soccer team—will likely score its second consecutive win in this category.

4. Outstanding Lead Actor in a Drama Series

- ▶ Jason Bateman, *Ozark*
- ▶ Brian Cox, *Succession*
- ▶ Lee Jung-jae, *Squid Game*
- ▶ Bob Odenkirk, *Better Call Saul*
- ▶ Adam Scott, *Severance*
- ▶ Jeremy Strong, *Succession*

The Emmy goes to...

Jung-jae's character, Seong Gi-hun, managed to defeat 455 other players in the Netflix survival drama **Squid Game**, an international breakout phenomenon. The actor can go the distance here too.

5. Outstanding Lead Actress in a Drama Series

- ▶ Jodie Comer, *Killing Eve*
- ▶ Laura Linney, *Ozark*
- ▶ Melanie Lynskey, *Yellowjackets*
- ▶ Sandra Oh, *Killing Eve*
- ▶ Reese Witherspoon, *The Morning Show*
- ▶ Zendaya, *Euphoria*

The Emmy goes to...

This one is a toughie, with Comer, Linney and Oh being honored for the last go-rounds of their respective series. But **Zendaya** is a former winner still flying high, and HBO's *Euphoria* was a smash among younger viewers—a much-sought demographic.

6. Outstanding Lead Actor in a Comedy Series

- ▶ Donald Glover, *Atlanta*
- ▶ Bill Hader, *Barry*
- ▶ Nicholas Hoult, *The Great*
- ▶ Steve Martin, *Only Murders in the Building*
- ▶ Martin Short, *Only Murders in the Building*
- ▶ Jason Sudeikis, *Ted Lasso*

The Emmy goes to...

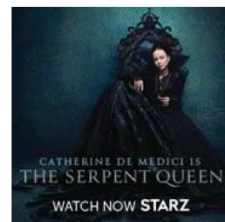
In a category stacked with *Saturday Night Live* alums and former hosts—only Hoult has never stepped foot on the Studio 8H stage—it's easy to believe that **Sudeikis'** endearing fish-(and chips)-out-of-water coach will be a repeat victor.

3. Outstanding Limited or Anthology Series

- ▶ *Dopesick*
- ▶ *Pam & Tommy*
- ▶ *The Dropout*
- ▶ *The White Lotus*
- ▶ *Inventing Anna*

The Emmy goes to...

All were binge-worthy, but the edge goes to the searing Hulu drama **Dopesick**, which stars **Michael Keaton** and explores America's struggle with opioid addiction.





Watch and Shop JTV 24/7/365
ON AIR • ONLINE • ON THE GO

Visit jtv.com/tv to find JTV on your local channel

If you love jewelry,
you'll love us!



Save 32%
PLUS FREE
STANDARD SHIPPING*

\$45

~~JTV Price: \$66.99~~

JTV ITEMS: YOUR CHOICE
DOB701A (WHITE) • DOB701B (RED)
DOB701C (BLUE)

SPECIAL OFFER CODE:
STYLISH22

Make a Stylish Statement
wearing any of these striking CZ
rings in platinum over sterling
silver. Available in lab-created
ruby and CZ, white CZ, or
sapphire simulant and CZ.

800-913-0767
ORDER TODAY
jtv.com/treasures

Scan for details.



One coupon code per customer; one coupon code per order.
Offer valid through October 11, 2022 at 11:59p ET. While supplies last.

*Restrictions apply. See jtv.com for details.

Ensure MAX PROTEIN



Creamy Peach



Cherry Cheesecake

Ensure
STRENGTH &
ENERGY

© 2022 Abbott 202211419/June 2022 LITHO IN USA

Live Smart

5 Things I Didn't Learn Until 50



If only we were taught these super-basic life skills alongside spelling and math!

By Paula Spencer Scott

Most of us pick up basic adulting skills along life's way, like doing laundry and scrambling eggs. Some of us even master the finer points of table manners or changing a tire. But what about the stuff that nobody ever teaches you? It wasn't until a string of late-life lucky encounters with fitness gurus, therapists and other experts that I even learned there was a "right" way to stand, walk, smile and breathe. Here's what I found out.

HOW TO BREATHE Most of us get through the day on fairly quick, shallow breaths. The better way? Deeper. Bring air down toward the belly, through the nose. How you know it's right: Instead of your chest rising and falling, your belly will go out, as the diaphragm contracts to give the lungs more room to fill, then in. "Belly breathing" brings in more oxygen and can lower tension.

HOW TO SIT I didn't expect to start physical therapy for a bum back by being told to have a seat. "Now, without using your arms, stand up," said Kendra Melson, founder of KineticWise Sports and Medical Massage clinic in Fort Collins, Colo. She watched me hunch and wobble. I reached for the chair arm anyway. Turns out I was doing this thing 100 times a day . . . wrong! Melson demonstrated the magic of first planting my feet, then using my thighs, butt and abdomen—not my arms—to power me up and back down. The improved stability and strength were unmistakable, and

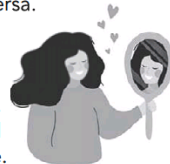


I'm sitting proof that consciously practicing makes you stronger and becomes second nature.

HOW TO STAND Pre-Melson, I stood like a crooked stick. Now I position my feet right below my hips. Then I put 60 percent of my weight in the heels and 40 percent in the toe box area (from the ball of your big toe across to the ball of your small toe). Together, this area and the heels form a tripod to hold you up. From this solid foundation, with my knees rotated out ever so slightly, the rest of my body can naturally and properly stack above, shoulders above pelvis. It's amazing how my back has stopped aching when I wait in long lines.

HOW TO WALK On a group wildflower hike, the guide, also a fitness coach, suggested I keep my shoulders down and back (meaning not up by my ears!) and strike my steps from heel to toe. Then, for better balance, which produces more energy, swing my arms straight out, coordinating the movement so that the right arm is in front when the left leg is in front, and vice versa.

HOW TO SMILE At a conference I once covered, the speaker, a psychologist, asked the audience to smile. Turn up the corners of your mouth, she said, even if it feels fake. A few hundred professional skeptics did—and the mood in the whole place lifted. Dozens of studies confirm the finding. Smiling can't cure your sickness or your broken heart. But for a moment, the very act of moving your mouth muscles into an upward curve tricks your brain into "reading" you as happy, igniting chemical changes that then make you feel so. Turns out, you don't have to wait until you feel like smiling to smile—once you put one on your face, that happyish feeling will follow. To think that for 50 years, I thought it was the other way around!



Visit Parade.com/posture for 12 exercises that can help you stand up straight.

SCIENCE-BASED NUTRITION TO SUPPORT YOUR HEALTH GOALS

#1 DOCTOR-RECOMMENDED BRAND

30g

PROTEIN

1g

SUGAR

ENSURE® MAX PROTEIN
USERS REPORTED FEELING

**MORE
ENERGY**
IN JUST

2

WEEKS*



Immune Health:

Excellent source of 7 key nutrients for immune health



Energy Metabolism:

8 essential B vitamins to support energy metabolism†



Brain Health:

Vitamin B₁₂ and folate to support brain health



AVAILABLE IN 7 DELICIOUS FLAVORS:

Milk Chocolate, French Vanilla, Creamy Strawberry, Creamy Peach, Cherry Cheesecake, Milk Chocolate with Caffeine,§ and Café Mocha§

\$3 INSTANT COUPON!
ensure.com/instantcoupon

Use as part of a healthy diet.

* Survey among 1038 adults 50+; those who drank 1 Ensure Max Protein shake per day for 14 days and reported feeling more energy vs control group. Ensure Max Protein has 150 calories, 30g protein, and 8 B vitamins for energy metabolism.

† Vitamins C & E and selenium.

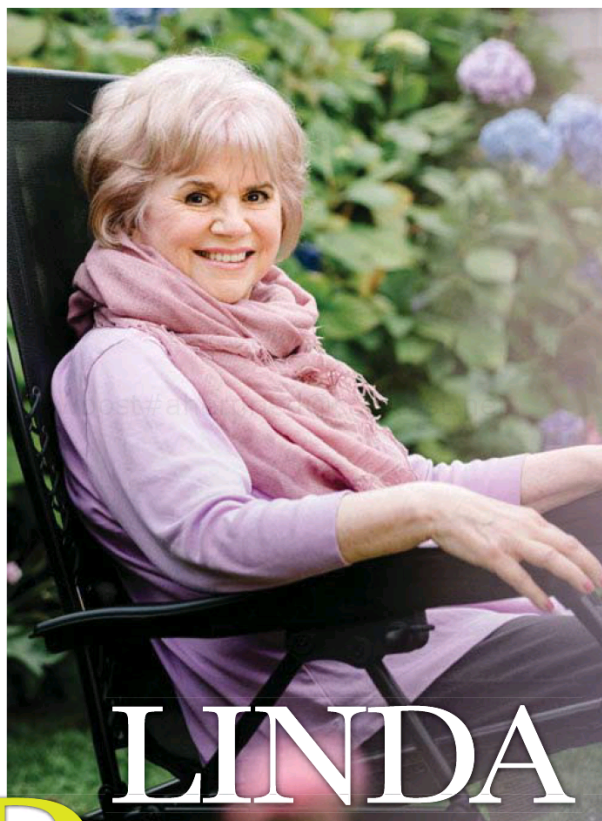
‡ Thiamine B₁, riboflavin B₂, niacin B₃, pantothenic acid B₅, pyridoxine B₆, biotin B₇, folate B₉, and cobalamin B₁₂.

§ Milk Chocolate with Caffeine and Café Mocha flavors have 100mg of caffeine, as much as an 8-oz cup of coffee.

© 2022 Abbott 202211323/June 2022 LITHO IN USA

Ensure
STRENGTH & ENERGY

Abbott
life. to the fullest.®



LINDA

Ronstadt

THE SINGING SUPERSTAR ON THE STORIES BEHIND HER HITS, LOSING HER VOICE, HER NEW BOOK AND CELEBRATING HER SOUTH-OF-THE-BORDER HERITAGE. BY JIM FARBER

Almost a decade ago, Linda Ronstadt was diagnosed with Parkinson's disease. In 2019, her condition was rediagnosed as progressive supranuclear palsy, a degenerative, Parkinson's-like disease for which there is no known cure. It robbed her of her distinctive soprano musical voice, ending a career that had made her one of the most popular and accomplished vocalists of her generation. A recipient of 11 Grammy Awards, plus the Recording Academy's Lifetime Achievement Award in 2016, she's also in the Rock and Roll Hall of Fame and the recipient of a Kennedy Center Honor.

Today, music is always with her—and within her. “I can still sing in my mind,” she tells *Parade*. “Sometimes I have to look up the words, because I forget the lyrics. But then I’ll sing a song in my head all the way through, like a hummingbird.”

At the zenith of her superstardom in the 1970s and into the '80s, Ronstadt was a pre-internet pop-culture darling. And not just for her hit songs. Her romances—with California governor Jerry Brown, with filmmaker George Lucas, with comedian Albert Brooks—also made headlines. She never married, and she successfully kept her two children, Mary and Carlos, both adopted in the 1990s, out of the spotlight.

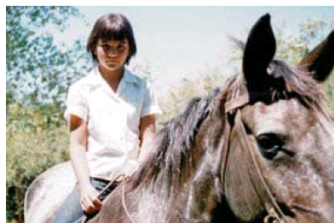
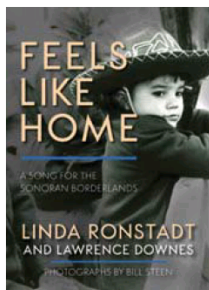
Her career path was a wide-ranging odyssey across various musical forms and formats—pop, rock, punk, country, folk, opera, classical, Spanish and Latin—all grounded in her passion for music. These days, she says, “I listen mostly to opera. I love opera more than anything. I can listen to music really passionately now.”

Another passion, especially in recent years, has been doubling down to make clear to the world who she truly is. Born and raised in Tucson, Ariz., she was steeped in the music and culture of her father's side of the family, whose roots were deep in Mexico. It frustrates her that, throughout her four-decade career, the media has seldom acknowledged her Southwestern heritage, even when she emphasized it by recording albums like *Canciones de Mi Padre*, her 1987 collection of traditional Mexican songs that became the biggest-selling non-English-language album in U.S. history.

To help correct that, two years ago she took part in a documentary, *Linda and the Mockingbirds*, which followed her on an emotional trip she took to the rural Mexican town of Banámichi, where her grandfather grew up.

Now, Ronstadt, 74, is releasing the book she wrote with journalist Lawrence Downes, *Feels Like Home: A Song for the Sonoran Borderlands* (Oct. 4), which illuminates the culture, food and natural wonders of the Sonoran Desert, which stretches from her Arizona childhood home through a large swath of northern Mexico. A companion album of songs Ronstadt has admired, sung or recorded over the years, *Feels Like Home: Songs From the Sonoran Borderlands—Linda Ronstadt's Musical Odyssey*, will be released Oct. 7.

Parade spoke with Ronstadt from her San Francisco home.



Home IS WHERE THE Tortillas ARE

How did the Sonoran region where you grew up shape you? I grew up in a certain way, in a certain place. There weren't trees. It wasn't green everywhere and I got used to that. Even now, I don't like to live where there are too many trees. I want to be able to see.

You have such a love of food, but you write in your book that you never learned to cook? Well, I was living in a hotel for decades. Being on the road is not conducive to cooking. I was better at needlework, because I could take it with me on the road.

Lately you've been emphasizing your heritage more than ever. Why? Because I demand

Your book includes recipes from the area.

What's special about that food? They didn't have refrigeration, so the food had to be preserved by drying it or pickling it. They eat a lot of dried meat, dried fruit and pickled vegetables. But there's very rich soil, so the vegetables taste better. It's the breadbasket of Mexico. [Visit Parade.com/salsa to try Ronstadt's Green Chile and Tomato Salsa.]



it. I used to give interviews when I was starting out, and they would say, "Where are you from?" And I would say, "I'm Mexican and German," and they would say, "Oh, are you Spanish?" I would say, "No . . . Mexican." That's like mixing up Americans and Austrians. It's a totally different culture!

Were you surprised that your first album of Mexican songs was an enormous hit? I didn't give it a thought. I just thought, *I'm going to record these songs and I don't care what they do with it.* I felt I'd earned the right to do a "vanity project" [laughs]. I grew up singing that music, but those songs are hard to sing. I had to learn how to sing them on a professional level. That the album turned out to be a hit allowed me to do another [Mexican album],

and it was better because I learned to sing those kinds of songs better.

What are your favorite Mexican songs? "Mi Ranchito" [my little farm], about the ranch where I grew up. "El Sueño" [the dream], I recorded with my brothers—my older and younger brother. "El Fango" is utterly mysterious and fascinating to me. It's a straight waltz, beautiful poetry.

You sang with such power that it was almost unthinkable that you would ever lose that ability. But you seem to have been very accepting of that loss and of your disease. Well, I don't have a choice. If I had a choice, then I might be pissed off. I try not to live in the future. I live in the present. I mean, we're all going to die of something, we just don't know what it is. I don't know what it is. Yes, I have a progressive disease, but I might get hit by a bus next week. I've been lucky. I have had a lot of really good help. My daughter is very helpful, so I'm well taken care of.

You sang in so many styles over your long career. What, for you, ties it all together?

Singing at home with my family is the source of it all. If I hadn't heard a style of music by the time I was 10, I didn't try to do it, because I couldn't do it authentically. I wouldn't try to sing the blues, for instance. Bonnie Raitt grew up playing blues, so she can do it. Luckily, my parents had a variety of tastes. They gave [me] Gilbert and Sullivan. They gave Sinatra and Hank Williams. And my grandparents loved opera. My music comes from everything I heard in our living room growing up.

continued on page 10

LINDA'S SONGS of the Southwest

These songs, some available on the new album *Feels Like Home: Songs From the Sonoran Borderlands*—Linda Ronstadt's *Musical Odyssey*, are among the traditional tunes she fondly remembers hearing and singing with her family.

"El Sueño" (the dream) "My brothers, Peter and Mike, sang this beautiful huapango folk song with me on my record *Mas Canciones*. We learned the harmonies as kids from a record by Trío Turiacuri, three brothers who were beloved musicians in Mexico for decades, starting in the 1930s."

"I Never Will Marry" "Dolly Parton and I both love this song and recorded it together. According to Ronstadt family rules, this was my sister's song, because she was the first of us to sing it. But Suzy married three times, so it became mine."

"El Crucifijo de Piedra" (the stone crucifix) "I learned this from the version sung by Miguel Aceves Mejia, the ranchera idol and actor. In it, an abandoned lover is crying in front of a church, so sad that the crucified Christ cries too. It's one of the most beautiful songs in the literature."

"Lo Siento Mi Vida" (I'm sorry my love) "Kenny Edwards [a longtime band member] and I wrote this with my dad. Kenny wanted it to be all in Spanish, but after he wrote the first line, we needed help for the rest. We told my dad what we wanted to say, and the song came together in a three-way phone conversation."

"Old Paint" "We sang this old cowboy song as kids. We never heard it on a record; it was just there, in the air. 'The song smells of saddle leather,' Carl Sandburg wrote of it in his 1927 folk-music anthology, *The American Songbag*. For my version on *Simple Dreams*, I played guitar myself, in my uniquely incompetent style."

Go to Parade.com/linda for more of Ronstadt's essential songs.



The Stories BEHIND the Songs

"DIFFERENT DRUM" 1967

When you changed the genders in the song, did you mean to make a feminist statement about a woman who won't be tied down? No!

[Laughs] I don't think I'd ever heard of feminism at that point! I was too naïve. I thought feminism was not using makeup.

But did the lyric reflect your independent attitude at the time? Absolutely. I still feel that way. I can't be pinned down to what carpet color to use. I would change it every week!

"ROCK ME ON THE WATER" 1972

What drew you to record a song by Jackson Browne? I first met him when he was 16 and I was 17. He was writing really good songs even then. There were really good

songwriters in L.A., and he was clearly one of the best. I met him when a friend of ours said he'd be fun to talk to. I heard an acetate of "Rock Me

on the Water" from the publishing company he had signed with, and I was just blown away. That first album he did [which featured his version of "Rock Me"] was perfect. He still makes great records.

"POOR POOR PITIFUL ME" 1977

What appealed to you about Warren Zevon's songs? His songs weren't easy for me to sing, but he was a true original. He had such unusual ideas in his lyrics. He had a grim humor.



"YOU'RE NO GOOD" 1974

I did that song as an afterthought. We just needed a fast song to perform in the show. It can't be all ballads or it gets boring. So I had to learn an up-tempo song fast and I had just heard that one on the radio.

"OOH BABY BABY" 1978

What led you to record this Motown hit?

"Ooh Baby Baby" was my idolizing Smokey Robinson. I love his voice and his songwriting. I love him! He's so charming and sincere and the song fit me because he's a soprano.

"BLUE BAYOU" 1977

Was the operatic melody of Roy Orbison's song the reason you recorded it? I was at



a jam session one late night in Malibu, with Jackson and J.D. Souther, and J.D. sang it for me. I thought, *I'm going to record that.* Roy Orbison sings in my range and this had

an excellent melody. In some melodies, there's not very much for my voice to get hold of, but this had a melody that soared!

WHAT'S NEW 1983

What was it like to work with the orchestral arranger Nelson Riddle on this album of

standards? It was like swimming in cream. He's just a brilliant arranger. He can put strings on a song without making it sound syrupy. I really learned those songs by polishing up my voice singing on Broadway [in *The Pirates of Penzance*]. Standards require what they call "the mix," which combines your head voice and your chest voice. And the songs are so amazing. When you think of what Americans have contributed to the culture of the world at large over the last 150 years, it's been the popular song. And those are the best popular songs.

"DON'T KNOW MUCH" 1989

Why do you think you paired so well with Aaron Neville on this No. 2 song? He sings up in my key. His style of singing comes from French baroque opera. The Creoles down in Louisiana were people of color who had their own sound. It was a very wealthy and cultivated society. They sent their children to school in France and they'd come back with that style of singing. You don't belt it, like the Italians do. You sing it as a light falsetto, and it persists to this day. It only happens there. Aaron developed his own distinct sound from it.

"THOSE MEMORIES OF YOU" 1987

How did your group with Dolly Parton and Emmylou Harris, known as the Trio, come about? It was an accident. I went over to Emmylou's house one day

and Dolly was there, so we sat down and started singing a Carter Family song, and we found that the sound we had was different. So we said, "Let's do an album together." Emmylou came up with the material. I came in with the harmony arrangements. We're all natural harmony singers. We didn't have to fight over not getting to sing a lead. We just went with whoever sang the lead best on that song.



Fish Oil Failure Shines a Grim Light on America's Memory Crisis

America's top memory M.D. reveals the startling reason why "senior moments" may be caused by fish oil — and the #1 way to fix it fast

More than 16 million Americans suffer age-associated cognitive impairment. And according to nationwide research, these numbers are only rising.

Thankfully, anti-aging specialist and bestselling author, Dr. Al Sears, says there's an easy way to banish senior moments for good. It's a safe, natural compound that can grow the brain significantly bigger.

And unlike failed solutions that promise what they can't deliver, this one actually works — at least, according to studies from Framingham, and other reputable universities.

But in order for it to work, you must avoid using run-of-the-mill fish oil supplements. "The worst thing you can do for your memory," explains Dr. Sears, "is to supplement with fish oil."

Dr. Al Sears, a highly-acclaimed MD — who has published more than 500 studies — says today's low-grade supermarket fish oil is causing the surge in America's memory crisis. "These cheap oils are no longer as nutrient-dense as they once were," he explains.

If you want to get rid of embarrassing senior moments Dr. Sears recommends a different approach.

THE SECRET TO A LASTING MEMORY

Research has shown our paleo ancestors were able to grow bigger and smarter brains by eating foods rich in one ingredient — DHA. "Our hippocampus thrives off DHA, and grows because of it," explains Dr. Sears. "Without DHA, our brains would shrink, and our memories would quickly fade."

A groundbreaking study from the University of Alberta confirmed this. Animals given a diet rich in DHA saw a 29% boost in their hippocampus — the part of the brain responsible for learning and memory. As a result, these animals became smarter.

The same was found in human studies, too. After analyzing more than 1,500 seniors, the Framingham study found that those whose brains were deficient in DHA, had significantly smaller brains — a characteristic of accelerated aging and a weakened memory.

"Unfortunately, it's almost impossible to boost levels of DHA simply by eating more fish or fish oil," explains Dr. Sears. "DHA in fish oil has plummeted over the years. And it's being replaced by another compound. One that can cause memory

failure and brain fog."

The ingredient Dr. Sears is referring to is called ALA — a compound found in cheap, grocery store fish oil. Studies have shown that even moderate levels of ALA can eat away at your memory and make you forgetful.

PEOPLE'S BRAINS ARE SHRINKING AND THEY DON'T EVEN KNOW IT

Fish farming has caused DHA levels to plummet and ALA levels to rise, according to Dr. Sears.

"In order to produce DHA," he explains, "fish need to eat a natural, marine diet, like the one they'd eat in the wild." Without a marine-rich diet, most fish won't produce DHA.

Dr. Sears uncovered that sometime during the 1990s, fish farmers stopped giving their animals a natural, DHA-rich diet and began feeding them a diet that was 70% vegetarian.

"It became too expensive for farmers to feed fish what they'd eat in the wild," explains Dr. Sears. "And since more than 80% of fish oil comes from farms, it's no wonder the country is experiencing a memory crisis. Most people's brains are shrinking and they don't even know it."

"Since fish farmers are depriving these animals of their natural diet, ALA levels in fish oil are going up, while DHA levels are being cut in half.

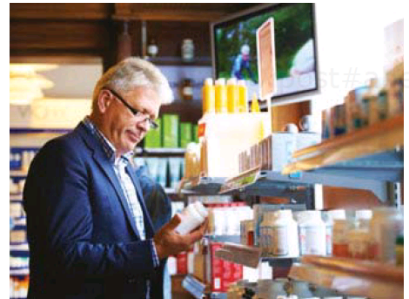
When asked, what can people do to improve their memory and brain function in the most effective way possible? Dr. Sears replied, "Find a quality DHA that doesn't come from a farmed source. Only this will help improve memory by growing the brain significantly bigger."

Dr. Sears and his team have been working tirelessly for the last 24-months developing a unique brain-boosting formula called **Omega Rejuvenol**. It's made from the most powerful source of DHA in the ocean, squid and krill — two species that cannot be farmed.

According to Dr. Sears, these are the purest and most potent sources of DHA in the world, because they haven't been tampered with. "**Omega Rejuvenol** is sourced from the most sustainable fishery in Antarctica. You won't find this oil in any stores."

MORE IMPRESSIVE RESULTS

Already, the formula has sold more than 27,000 bottles. And for a good reason, too. Satisfied customers can't stop raving about the memory-boosting benefits of quality-sourced DHA oil.



Why the 'brain fuel' ingredient in fish oil is slowly drying up.

"I see a noticeable increase in my brain function. I'm experiencing a noticeable increase in my concentration level and productivity throughout the day," says satisfied customer, Timothy B.

"It's great to remember everyone who played in the '75 World Series. My memory has never been sharper," says Mike T.

"After the first time I took it, I experienced mental clarity and focus. I noticed my mental function improve and I could concentrate better and be more productive throughout the day," raves John F.

And 70-year-old Mark K. says, "My focus and memory are back to age-30 levels."

These are just a handful of the thousands of reviews Dr. Sears receives on a regular basis thanks to his breakthrough memory formula, **Omega Rejuvenol**.

WHERE TO FIND OMEGA REJUVENOL

To secure the hot, new **Omega Rejuvenol** formula, buyers should contact the Sears Health Hotline at **1-800-307-9814** TODAY. "It's not available in retail stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer." Dr. Sears feels so strongly about **Omega Rejuvenol**, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back."

Call NOW at **1-800-307-9814** to secure your supply of **Omega Rejuvenol**. Use Promo Code **PARAOM29** when you call. Lines are frequently busy, but all calls will be answered!

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS MAY VARY



Are 2022 Silver Eagles a “Safe Haven”?

Demand for Silver Is Strong. Get Yours Now!

The Most Important Coin in the Modern Era

American Silver Eagles are the most widely-collected, best-selling bullion coins on the planet—and they have been since they were introduced 36 years ago. President Ronald Reagan made history when he signed the Liberty Coin Act into law, allowing the first Silver Eagles to be minted in 1986. No one knew how popular these coins would be, year after year. Through the end of 2021, the U.S. Mint struck more than HALF A BILLION coins!

What Makes American Silver Eagles So Popular?

Silver Eagles are beloved by collectors and investors for several reasons, #1 is their iconic Walking Liberty obverse (front of coin) design, adopted from the iconic Walking Liberty coin series minted in the 1930's and 1940's. Reason #2 is that, last year, the U.S. Mint changed the reverse (back of coin) design for the first time in 35 years, causing an absolute frenzy as collectors rushed to add the new design to their collections. Reason #3 is that many people are looking for a “safe

haven” for their earnings as the uncertainty in markets becomes more prevalent in today’s world!

Is This Your Safe Haven?

Silver is in high demand in the marketplace. In addition, many experts believe that the price of silver could continue to increase in the next 12 to 24 months. And while no one can accurately predict the future, there are two questions you should be asking yourself right now:

- 1) Do I own enough physical silver?
- 2) Which silver coins are right for me?

Guaranteed By the U.S. Government

These 2022 Silver Eagles won’t plummet in value like other currencies—they are guaranteed for weight and purity (one-ounce 99.9% fine silver) by the U.S. government. They’re the world’s most liquid and secure silver coins. They’re also recognized around the world, making them easier to sell when the time is right, if you make that decision in the future. Silver Eagles are the safest way to buy silver—period!

Don't Wait — NOW Is the Time to Buy!

Last year, when the new design first became available, demand was high, and many paid a premium for Silver Eagles. Call now to lock in our low prices! Your 2022 U.S. Silver Eagles will ship directly to your door. Don’t pay more for the 99.9% fine silver you want for you and your family. The more you buy, the more you save, plus you’ll receive a FREE U.S. Mint Tube when you buy 20 or more.

2022 American Eagle Silver Dollar

- 1-3 Coins- \$39.95 ea. + s/h
- 4-9 Coins- \$38.95 ea. + **FREE SHIPPING**
- 10-19 Coins- \$37.95 ea. + **FREE SHIPPING**
- 20-49 Coins- \$37.50 ea. + **FREE SHIPPING**
- 50+ Coins- \$36.95 ea. + **FREE SHIPPING**

FREE SHIPPING on 4 or More!

Limited time only. Product total over \$149 before taxes (if any). Standard domestic shipping only. Not valid on previous purchases.

Call today toll-free for fastest service

1-888-201-7639

Offer Code SRE206-02

Please mention this code when you call.

Prices subject to change due to market fluctuations.

Call NOW for the best price!

SPECIAL CALL-IN ONLY OFFER



Ask Marilyn

By Marilyn vos Savant

You once wrote about why we should study history. Could you please repeat that answer for my teen sons?

—James Villa, Boise, Idaho

The chronicle of historical events teaches us—bit by bit by bit—about civilization, human nature, and its consequences. Imagine two men after a centuries-long journey in time: One was asleep all the way; the other was awake. The latter witnessed every triumph and calamity, learned where beauty flowered and where it died, watched the greatest and most inglorious fights of good against evil. Which would you choose as a leader? As a friend? Which would you rather be, the man who saw everything or the man who saw nothing? Your answer shows why you should study history.



Send questions to
marilyn@parade.com

Numbrix®

Complete 1 to 81 so the numbers follow a horizontal or vertical path—no diagonals.

11			17			25
	13		36		27	
3	2				44	45
	59		68		75	
57			69			73

Visit Parade.com/numbrix for more Marilyn vos Savant Numbrix puzzles and today's solution.

GovMint.com • 1300 Corporate Center Curve, Dept. SRE206-02, Eagan, MN 55121

GovMint.com® is a retail distributor of coin and currency issues and is not affiliated with the U.S. government. The collectible coin market is unregulated, highly speculative and involves risk. GovMint.com reserves the right to decline to consummate any sale, within its discretion, including due to pricing errors. Prices, facts, figures and populations deemed accurate as of the date of publication but may change significantly over time. All purchases are expressly conditioned upon your acceptance of GovMint.com's Terms and Conditions (www.govmint.com/terms-conditions or call 1-800-721-0320); to decline, return your purchase pursuant to GovMint.com's Return Policy. © 2022 GovMint.com. All rights reserved.

More People are Choosing This 1-Day, Dream Bathroom Update and Saving Thousands of Dollars.*

When Americans think of updating rooms in their home, the bathroom ranks high on their list.

No one likes an old, dreary, outdated bathroom, and since most people spend a fair amount of time in there, it makes sense that it's high on their priority list for updating.

But, giving it a proper update can be costly and time-consuming.

That's why one of America's most trusted leaders in home renovations and improvements created a modern, custom upgrade option that is quick to install, high-quality, and very affordable.

That's right, they're turning to Jacuzzi Bath Remodel, America's trusted leader in bathroom renovations, and authorized installer of iconic Jacuzzi® bath products.

Now any homeowner who wants to update their worn-out bath or shower can get a beautiful bath remodel in as little as one day. Jacuzzi Bath Remodel expert installers can transform an old bathtub into a soothing soaking oasis, upgrade a spare bath or

Jacuzzi Bath Remodel offers a custom, dream bathroom that can be installed in as little as 1 day.

shower, or bring a dream master bathtub or shower to life.

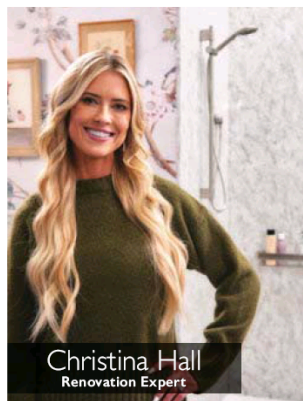
And their unique, stress-free remodeling process doesn't take weeks to complete — or require a messy demolition of the existing bathroom.

Customers can expect a transformed bathroom in as little as one day.

Thousands of people have now experienced a beautifully-designed, spa-like upgrade for less. And they didn't have to sacrifice beauty or luxury. Plus, with Jacuzzi Bath Remodel, they can expect...

One day installation: The expert team brings a new bathtub or shower to their home and installs it in just one day.*

Anti-microbial protection to keep your shower fresh and clean. All shower walls are infused with silver ions that prevent



Explore Christina Preferred Designs like Canyon, Farm, and Urban.

bacteria, mold, and other microbes from growing and reproducing.

Bathtubs and showers that are easy to maintain for less time cleaning, and more time relaxing. Jacuzzi® showers, bathtubs and walls are made from nonporous acrylic that is stain-resistant and easy to clean.

Optional safety upgrade. As part of a bathroom remodel, they can also help homeowners who want to add a safety feature like grab bars or a walk-in shower.

A limited lifetime warranty to protect against defects in material and workmanship. They stand behind the craftsmanship and quality of their products with a limited lifetime warranty.**

It's now easier than ever to experience the luxury of a Jacuzzi® bath or shower.

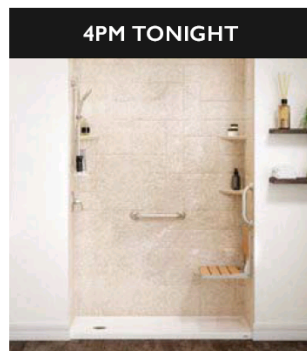
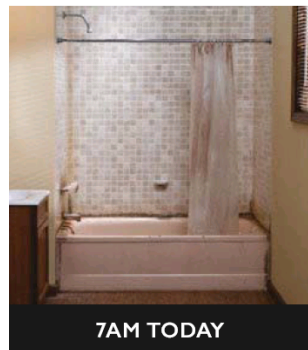
People all across America love the quick service and amazing colors and designs Jacuzzi Bath Remodel has to offer for only a fraction of the cost of a full bathroom remodel.

Here's what customers say about their bathroom remodel...

"It's beautiful! It's just made the biggest difference in the world for our bathroom. And the installer, Warren, I can't say enough about him." -Mike and Yvonne

"It's really awesome. It can snazz up the home a lot...The enclosure really looks nice with the tile look and the shelves. The shower is a big improvement over the cruddy old bathtub I had before." -Ross

Anyone who's ready to upgrade their existing bath or shower to an exclusive Jacuzzi® model can simply call now **888.665.2443** and connect to a Jacuzzi Bath Remodel dealer in your area.



SPECIAL OFFER:

50% Off Installation

+ No Interest & No Payments for 1 Year

+ Free Safety Upgrade***

Call 888.665.2443 or visit JBRInADay.com for a no obligation quote today.



BATH REMODEL

*In some cases, shower remodels may take more than one day to complete. Your Jacuzzi Bath Remodel representative can provide details. **Jacuzzi Bath Remodel provides a limited lifetime warranty on Jacuzzi® branded products. For complete details, see our warranty at a dealer near you. ***With purchase of any complete bath or shower system. Sales and installation performed by the licensed or registered (if applicable) Jacuzzi Bath Remodel dealer in your area. Cannot be combined with any other offer. Not all products available in all locations. Financing is provided by third-party lenders under terms arranged by customers and lender, subject to credit requirement. Not all buyers may qualify. See your local participating Jacuzzi Bath Remodel dealer for details.

Rapid Pain Relief – GUARANTEED!

Sciatica Pain?

Are radiating pains down the back of your leg, or pain in your lower back or buttocks making it uncomfortable to sit, walk or sleep?

Guaranteed Rapid Relief for:

- ✓ Burning
- ✓ Tingling
- ✓ Aching
- ✓ Stabbing Pains



"Those little tablets are like relief in a snap."

- PATSY, CO

Available in the Pain Relief section
*Not intended to cure sciatica.

Order Now:

1-800-418-8749 / MagniLife.com

MAGNILIFE®

Relief...Finally!

SAVE \$3.00

On any ONE (1) MagniLife® Leg & Back Pain Relief Tablet

Consumer and Retailer: LIMIT ONE (1) COUPON PER PURCHASE OF SPECIFIED PRODUCT AND QUANTITY STATED. NOT TO BE COMBINED WITH ANY OTHER COUPONS. LIMIT OF TWO (2) IDENTICAL COUPONS IN SAME SHOPPING TRIP. Void if expired, reproduced, altered, copied, sold, purchased, transferred, or exchanged to any person, firm, or group prior to store redemption, or where prohibited or restricted by law. Any other use constitutes fraud. **Consumer:** You pay any sales tax. **Retailer:** The Magni Group, Inc. will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with The Magni Group, Inc. Coupon Redemption Policy (available upon request). Mail coupons to The Magni Group, Inc., Inner Brand Solutions Dept., 73122, Mr. Rcv Office, 801 UNION PACIFIC BLVD STE 5, LAREDO TX 78045-9475. Cash value 1/100¢. No cash back if coupon value exceeds selling price. Valid only in the USA.

The Magni Group, Inc.,
Inner Brand Solutions Dept. 73122
Mr. Rcv Office, 801 UNION PACIFIC BLVD STE 5
LAREDO TX 78045-9475

*Offer redeemable anywhere
MagniLife® products are sold.*

0723122-100062



What America **Eats**



Our New Favorite Burger

Channeling the zingy flavors of a classic Vietnamese sandwich, these juicy burgers are from **Delicious Gatherings** by Tara "Teaspoon" Bench. You can make the patties up to a day ahead and chill. Then prep the toppings while the grill heats up.

CHICKEN BANH MI BURGERS

In a medium bowl, with gloved hands or a wooden spoon, thoroughly mix 1 lb **ground chicken**, $\frac{2}{3}$ cup chopped **cilantro**, 2 Tbsp finely diced **jalepeño**, 2 tsp grated **fresh ginger**, 2 tsp **sesame oil**, 1 tsp **fish sauce** and 2 **cloves garlic**, minced. Form into 4 large or 6 smaller patties. Place on a parchment-lined baking sheet. Chill until ready to grill.

Preheat grill to medium-high.

While grill heats up, in a small bowl, whisk 2 Tbsp **rice wine vinegar**, 2 tsp **granulated sugar** and $\frac{1}{2}$ tsp **sesame oil** until sugar dissolves. In another small bowl, combine $\frac{1}{2}$ cup **mayonnaise** and 2 tsp **sriracha sauce**; stir in 1 Tbsp vinegar mixture. Just before serving, toss $\frac{3}{4}$ cup shredded or matchstick-cut **carrots**, $\frac{3}{4}$ cup matchstick-cut **daikon radish** and 2 **Persian cucumbers**, thinly sliced, with remaining vinegar mixture.

Brush 1 side of each patty with **canola or avocado oil**. Place oil side down on grill. Cover; cook 3 minutes. Brush tops of patties with oil. Gently flip, cover and grill 3 minutes or until done. (Alternatively, pan-fry patties in a nonstick skillet or grill pan 4 minutes per side.)

Spread cut sides of 4 or 6 **sandwich rolls** with sriracha mixture. Add burgers, vegetables and a sprinkling of $\frac{1}{3}$ cup chopped **peanuts** and $\frac{1}{3}$ cup chopped **cilantro** or mint. Serve with **lime wedges** and, if desired, 1 small **jalepeño**, sliced. **Makes 4 or 6 burgers.**

Visit [Parade.com/teaspoon](https://www.parade.com/teaspoon) for Bench's loaded guacamole dip recipe.

PHOTO BY TY MEHAM; REPRINTED WITH PERMISSION: DELICIOUS GATHERINGS: RECIPES TO CELEBRATE TOGETHER BY TARA "TEASPOON" BENCH (SEPTEMBER 2022, SHADOW MOUNTAIN)



— SINCE 1917 —

GUARANTEED PERFECTION

World-famous Omaha Steaks taste better because they are better – guaranteed. That's more than our promise to you, it's our reminder to never be satisfied with less than perfection.



THE BEST STEAKS
OF YOUR LIFE OR
YOUR MONEY BACK



Griller's Flavorful Feast

- 4 Bacon-Wrapped Filet Mignons (6 oz.)
- 4 Boneless Pork Chops (6 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 Omaha Steaks Burgers (6 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 jar Omaha Steaks Seasoning (3.1 oz.)
- 4 FREE** PureGround™ Filet Mignon Burgers (6 oz.)
- 4 FREE** Air-Chilled Boneless Chicken Breasts (5 oz.)

71665KNB separately \$302.93 **\$139⁹⁹**
SPECIAL INTRODUCTORY PRICE

Get 4 Burgers &
4 Chicken Breasts
FREE



Take an **EXTRA \$20 OFF** your first order. Use code: **Feast20** at checkout.

Order Now! » OmahaSteaks.com/FlavorFeast | 1.800.811.7832
Ask for **FREE** burgers and chicken breasts with offer 71665KNB

Savings shown over aggregated single item base price. Photos exemplary of product advertised. Limit 2. 4 free 6 oz. burgers and 4 free 5 oz. boneless chicken breasts will be sent to each shipping address that includes 71665. Standard S&H. While supplies last. Items may be substituted due to inventory limitations. First Order \$20 Promo is a one-time use code, valid only on the first order of \$139 placed by new customers or customers whose last purchase was 366+ days prior to current order date. One Code per customer, cannot be combined with other offers or applied to previous sales, Gift Cards, Wine, Gift Baskets, Live Lobsters, or Custom Cuts. Omaha Steaks reserves the right to amend these terms to vary or discontinue the offer without prior notice. All purchases acknowledge acceptance of Terms of Use: OmahaSteaks.com/terms-of-useOSI or call 1.800.228.9872 for a copy. Expires 10/31/22. | SRC0608

Scan To Order



OmahaSteaks.com/FlavorFeast

\$19⁹⁹ month¹ Unlimited
Talk & Text

jitterbug® flip2

Our easiest Jitterbug® phone ever.



The Jitterbug® Flip2, from the makers of the original easy-to-use cell phone, has big buttons and an exclusive Urgent Response button on the keypad.

EASY TO USE Today, cell phones are hard to hear, difficult to dial and overloaded with features you may never use. That's not the case with the Jitterbug Flip2. A large screen, big buttons and one-touch speed dialing make it easy to call family and friends. The powerful speaker ensures every conversation will be loud and clear. A straightforward list-based menu makes navigating the phone simple.

EASY TO ENJOY Wherever you go, a built-in camera makes it easy and fun for you to capture and share your favorite memories. And a built-in reading magnifier and LED flashlight help you see in dimly lit areas. With all the features you need, the Jitterbug Flip2 also comes with a long-lasting battery, so you won't have to worry about running out of power.

EASY TO BE PREPARED Life has a way of being unpredictable, but you can be prepared in an uncertain or unsafe situation with Urgent Response Service. Simply press the Urgent Response button to be connected with a highly trained Urgent Response Agent who will confirm your location, evaluate your situation and get you the help you need, 24/7.

The Jitterbug Flip2 is one of the most affordable cell phones on the market and comes with reliable nationwide coverage. With no long-term contracts or cancellation fees, you can switch plans anytime.

Flexible and affordable plans

\$14⁹⁹/mo.²
300 minutes
10¢ per text

\$19⁹⁹/mo.²
Unlimited minutes
Unlimited texts

GRANDPARENT'S DAY

25% OFF¹

To order or learn more, call
1.866.409.6652



Most reliable
nationwide coverage

No long-term
contracts

Keep your current
phone number

100% U.S.-based
customer service

No hidden
monthly fees

live!

Available in-store
or online at:

**BEST
BUY**

Walgreens

lively.com/flip

¹25% off regular price of \$99⁹⁹ is only valid for new lines of service. Offer valid through 9/24/22 at Walgreens. Offer valid through 10/2/22 at Best Buy. ²Monthly fees do not include government taxes or fees and are subject to change. Plans and services may require purchase of Lively device and one-time setup fee of \$35. Urgent Response or 911 calls can be made only when cellular service is available. Urgent Response tracks an approx. location of device when device is turned on and connected to the network. Lively does not guarantee an exact location. Urgent Response is only available with the purchase of a Lively Health & Safety Package. Consistently rated the most reliable network and best overall network performance in the country by IHS Markit's RootScore Reports. By enabling Alexa on the Jitterbug Flip2, you acknowledge that Lively is not responsible for Amazon Alexa's functionality or services. Amazon, Alexa and all related logos are trademarks of Amazon.com, Inc. or its affiliates. Screen images simulated. Appearance of device may vary. LIVELY and JITTERBUG are trademarks of Best Buy and its affiliated companies. ©2022 Best Buy. All rights reserved.

© PARADE Publications 2022. All rights reserved.*